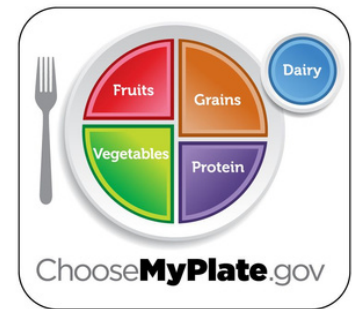


4 Real Immune Boosters!

Follow these tried & true steps to help your immune system work it's best!

Sleep

for 7-9 hours each night!



Eat More

fruits, vegetables & whole grains!

Try the **MyPlate** way

Get Active

Move your body in your favorite ways for 30-minutes most days of the week!



Manage Stress

with breathing, yoga, meditation, nature, therapy, and more!

Eat Healthy
Move Often
Live Well



Cambridge
Public Health
Department

**Cambridge
in Motion**
Eat healthy. Move often. Live well.